

**CLAIMS**

1. An article of manufacture for use in removing hair from areas of a human torso in preparation for placing electrode pads of an automated external defibrillator on those areas, the article of manufacture comprising a preparation strip having a first pad portion, a second pad portion, and a center portion extending between the first and second pad portions, the preparation strip having dimensions that enable one of the pad portions to be placed above a right breast of the human torso while the other of the pad portions is placed below the left breast, each pad portion having a bottom surface that faces the human torso when the preparation strip is attached to the human torso, the bottom surface of each pad portion having a contact region with a layer of adhesive effective to adhere to hair on the human torso so that when the preparation strip is attached to and subsequently separated from the human torso, hair adhering to the layer of adhesive of each contact region is removed from the human torso, thereby preparing those areas of the human torso from which the hair is removed for placement of an electrode pad of an automated external defibrillator.
2. The article of manufacture of claim 1, wherein each contact region has dimensions that approximate dimensions of an electrode pad of the automated external defibrillator.
3. The article of manufacture of claim 1, wherein the preparation strip further comprises a top surface having instructional information displayed thereon, the instructional information providing guidance for adhering the preparation strip to an appropriate area of the human torso.

- 1 4. The article of manufacture of claim 1, further comprising a pull-tab extending from an  
2 outside edge of one of the pad portions.
- 1 5. The article of manufacture of claim 1, further comprising a pull-tab extending from an  
2 outside edge of each pad portion.
- 1 6. The article of manufacture of claim 1, wherein the bottom surface has a non-adhesive  
2 grip edge at a portion of a periphery of the contact region of each pad portion.
- 1 7. The article of manufacture of claim 1, wherein the preparation strip is rectangular-shaped.
- 1 8. The article of manufacture of claim 1, wherein the preparation strip is barbell-shaped.
- 1 9. An article of manufacture for use in removing hair from an area of skin on a human torso  
2 in preparation for placing an electrode pad of an automated external defibrillator on that  
3 area of skin, the article of manufacture comprising a preparation strip having a pad  
4 portion, the pad portion having a surface with a contact region with dimensions sized to  
5 cover an area of skin when the preparation strip is attached to the human torso, the  
6 contact region having an adhesive effective for adhering to hair and for causing the hair  
7 to be removed from the area of skin when the preparation strip is detached from the  
8 human torso, the area of skin from which hair is removed being sufficiently large to  
9 enable an electrode pad of an automated external defibrillator to be applied directly to the  
10 skin.

- 1 10. The article of manufacture of claim 9, wherein the preparation strip further comprises a  
2 top surface having instructional information displayed thereon for providing guidance in  
3 adhering the preparation strip to an appropriate area of the human torso.
- 1 11. The article of manufacture of claim 9, further comprising a pull-tab extending from an  
2 edge of the pad portion.
- 1 12. The article of manufacture of claim 9, wherein the bottom surface has a non-adhesive  
2 grip edge at a portion of a periphery of the contact region.
- 1 13. A method of removing hair from areas of a human torso in preparation for placing  
2 electrode pads of an automated external defibrillator on those areas, the method  
3 comprising:  
4       adhering a pad portion of a preparation strip to the human torso, the pad portion  
5 having a contact region with an adhesive effective to adhere to hair on an area of skin on  
6 the human torso, the contact region having dimensions that approximate dimensions of an  
7 electrode pad of the automated external defibrillator; and  
8       separating the preparation strip from the human torso to remove hair adhering to  
9 the adhesive from the area of skin on the human torso, thereby preparing the area for the  
10 electrode pad of the automated external defibrillator to be applied directly to the skin.
- 1 14. The method of claim 13, further comprising providing instructional information on a top  
2 surface of the preparation strip to provide guidance in adhering the preparation strip to an  
3 appropriate area of the human torso.

- 1 15. The method of claim 13, wherein the preparation strip includes a second pad portion and  
2 a center portion extending between the pad portions, and further comprising adhering the  
3 second pad portion to the human torso.
- 1 16. The method of claim 15, wherein the steps of adhering pad portions to the human torso  
2 include placing one of the pad portions above the right breast of the human torso and the  
3 other of the pad portions below the left breast of the human torso.
- 1 17. The method of claim 13, further comprising adhering a pad portion of a second  
2 preparation strip to the human torso.
- 1 18. The method of claim 17, wherein the steps of adhering pad portions to the human torso  
2 include placing one of the pad portions above the right breast of the torso and the other of  
3 the pad portions below the left breast of the torso.
- 1 19. The method of claim 13, further comprising providing a non-adhesive grip edge at a  
2 portion of a periphery of the contact region for facilitating grasping of the preparation  
3 strip by an attendant.
- 1 20. The method of claim 13, further comprising providing a pull-tab at an edge of the pad  
2 portion for facilitating grasping of the preparation strip by an attendant.